

What I claim as my invention is:

1. A heating element for providing heat to an individual's body in combination with an item of clothing, the heating element comprising:
 - (a) an elastic band having two surfaces, an inner surface and an outer surface,
 - (b) a first battery compartment incorporated into the elastic band,
 - (c) at least one battery located within the first battery compartment,
 - (d) means for opening and closing the first battery compartment,
 - (e) a plurality of heating elements incorporated into the elastic band, each of the heating elements electronically connected to the battery and the first battery compartment,
 - (f) a patch having two sides, a front side and a rear side, the rear side of the patch mounted on the elastic band, the patch electronically connected to the battery and the first battery compartment,
 - (g) wherein the elastic band is incorporated into the item of clothing.
2. A heating element according to claim 1 wherein the patch mounted on the elastic band further comprises:
 - (a) an on/off button located on the front surface of the patch,
 - (b) a power light located on the front surface of the patch,
 - (c) an audio element located within the patch,
 - (d) a speaker located on the front surface of the patch,
 - (e) operating instructions located on the front surface of the patch,

(f) wherein an individual can use the on/off button to turn power on to one of three different levels, and further wherein an individual can use the on/off button turn power off to the present invention.

3. A heating element according to claim 2 wherein the elastic band further comprises a second battery compartment.
4. A heating element according to claim 3 wherein the elastic band is incorporated into a brassiere.
5. A heating element according to claim 3 wherein the elastic band is incorporated into a pair of shorts.